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Follow army training on the web

SUFFIELD More than 700 Canadian Forces reservists from Alberta, B.C., Saskatchewan, Manitoba and Ontario are training at CFB Suffield right now in conjunction with Task Force 3-09, which is in preparations for deployment to Afghanistan this fall.

What's unique about this exercise? You can see real time imagery and updates from the Canadian forces exercise by going to army.forces.gc.ca/41cbg_hq/exercise/ex_western_defender.asp

You can even follow the exercise on Twitter by following @ExWDTTR09.

They claim to be updating daily. METRO CALGARY

Charity

Run for leukemia

ROBIN KUNISKI/FOR METRO CALGARY

CJAY 92 Personalities Gerry Forbes and JD, along with Lyn Archdekin and Hooters girls ran two kilometres on MacLeod Trail N from Moxies to Hooters to raise close to $3,000 for Kelsey Moore who will be running the San Diego Rock 'n' Roll Marathon on May 31 for the Leukemia and Lymphoma Society.

Girl recovering: Doc

Two more flu cases revealed in Alberta

JEFF CUMMINGS
Metro Canada

An Edmonton girl who was admitted to hospital with "severe" symptoms of influenza A (H1N1), also known as swine flu, is recovering, said Alberta's top doctor after unveiling two more cases in Alberta yesterday.

Dr. Andre Corriveau, Alberta's chief medical officer, says the girl did not require a respirator, but he would not comment on whether or not she was in an intensive unit citing privacy concerns.

"She was hospitalized and it was confirmed that she had a case of swine flu," said Corriveau.

The girl was not living with anyone who returned to Mexico or the southern United States, which is why it's believed the swine flu is spreading in Canada, said Corriveau.

Two more cases of swine flu were confirmed by medical officials bringing Alberta's total to 26. Both mild cases involved young people in Calgary who are recovering in their homes. Corriveau says one is a young female who travelled to Mexico, while the other is a boy whose parents came back from there.

Alberta's government has held daily news conferences into the outbreak up until yesterday. Corriveau says the conferences took up "way too much" of his time.

The risk of catching swine flu, meanwhile, from pork is totally negligible, the United Nations Food Agency said yesterday, reinforcing expert views that pigs infected with the strain pose very little public health danger.

Joseph Domenech, the chief veterinary officer at the Food and Agriculture Organization in Rome, said that it made sense to wear protective clothing and take other precautions when handling live pigs who may not show signs of infection. But unlike the guidance issued to prevent exposure to H5N1 avian flu, he said the new flu strain did not present a special danger to those living on farms or near pigs.

"This new strain of influenza virus does not contaminate humans easily and has a very low pathogenicity for both humans and pigs, unlike the avian flu which killed millions of poultry," Domenech said.

WITH FILES FROM REUTERS

VideoOnline
Province offers few details on severe swine flu case in Alberta at **metronews.ca/local**

Mountie dies in car crash

JEFF CUMMINGS
Metro Canada

DEATH An RCMP officer is dead after his patrol car was involved in a two-vehicle crash south of Millet, about 54 kilometres south of Edmonton, yesterday.

Const. James Lundblad, a seven-and-a-half-year member of the RCMP in Alberta, was killed when his patrol car was involved in a crash with a grain truck on Highway 2A around 10 a.m. while police were conducting a crackdown on speeders.

Lundblad

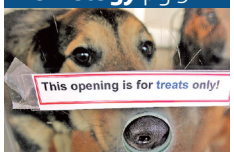
The 41-year-old Mountie was parked on the shoulder of the highway when a southbound "violator" passed his location. As Lundblad attempted a U-turn to pursue the vehicle, a grain truck heading northbound slammed into his patrol car, said RCMP spokesman, Cpl. Wayne Oakes.

Lundblad, who grew up in the Valleyview area, was pronounced dead on scene and the driver of the grain truck was not injured, said police.

"He was well-liked and very well-respected by his colleagues," said Oakes about Lunblad. "(This) was all in an effort to make our highways safer ... and that's what makes this death so absolutely tragic."

ShareYourViews
calgaryletters@metronews.ca

Workology pg 9



Cross-Canada rally for pets

Automotive pg 10

The 4 x 4 road to success

Travel pg 19

Destinations on a dime

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Free Daily News Group Inc., operating as Metro Calgary. 120, 3030 - 3 Avenue NE, Calgary, Alberta T2A 6T7. Publisher: Steve Shrout

Apartment evacuation order lifted
Residents were allowed back into their 300 block 13th St. SW apartment building after an evacuation order was lifted yesterday afternoon. A sinkhole discovered in the parkade forced the residents into a nearby hotel on the weekend. METRO CALGARY

Local

U.K.'s Potts at Jubilee on June 28

Britain's Got Talent phenomenon Paul Potts is coming to serenade the city with special guests on June 28 at the Jubilee. Tickets for the show go on sale May 7 at 10 a.m. at all Ticketmaster locations for $49.50, $69.50 and $89.50.
METRO CALGARY

Tragic ending for daughter's rescue

DEATH On Monday morning in Toronto, Mary-Ann Lazurko watched as Purina honoured her Bijon Frise, Sophie, for having helped save her daughter Belinda Hamelin last June.

Late Monday, Lazurko learned that Hamelin passed away hours after the ceremony ended. Hamelin, 38, had suffered from severe diabetes, and after being ill for just over a month died in an Edmonton hospital Monday night.

Police hope hat leads to suspects

ASSAULT Investigators hope a dropped hat will lead them to two people suspected of assaulting a woman in the 1100 block of 52nd Street. SE on April 25.

Dropped hat

Police say one of the suspects dropped a newer-looking "FOX" hat with white writing. Police also believe one of the suspects may have a scratch on his face from a struggle with the victim.

The attackers are described as dark-skinned, clean-shaven, with short hair and average builds.
METRO CALGARY

News in brief

MURDER APPEAL A lawyer for a 28-year-old woman convicted of second-degree murder for pushing a teen in front of a moving C-Train is appealing for a new trial. Natalie Pasqua's lawyer told the Alberta Court of Appeal that the trial judge erred in his instructions to the jury in relation to the death of Gage Prevost. METRO CALGARY

ROBIN KUNISKI/FOR METRO CALGARY

Wayne Cho made an important stop in Calgary this week as he runs across Canada to raise awareness for anxiety and depression. Cho started his journey in St. John's, N.L., on May 23, 2008, and will end it in mid-June.

Running for mental health

AMY GREGSON
for Metro Calgary

Wayne Cho uses running as a way to control the symptoms of his anxiety disorder.

Now Cho, 34, is running across Canada to raise awareness for mental illnesses, making a stop in Calgary at the Alberta Health Services and Mental Health Association yesterday.

"I want to let people know there is no shame in having the illness. It's better that they be open about it and get treatment properly," said Cho.

Cho, from Toronto, found out a few years ago that he has general anxiety disorder, which he describes as being a chronic worrier, when he returned to school.

"I have a hard time letting go. I get physical symptoms where I get tense, restless and problems with speaking."

Cho started running in May 2008 in St. John's, N.L., and hopes to finish by mid-June in Victoria, B.C., while running about 35 kilometres a day.

He used his own money to fund the run, but needed to take out a loan to finish. Cho has encountered support from people he has met.

In Indiana Head, Sask., one of the shop owners invited him to spend the night and fixed him dinner and breakfast.

Cho has stopped and talked to students, clubs and mental health groups along the way.

"I hope they can take the message and speak up for mental health. I'm encouraging people to (speak) up about mental illness one voice at a time."

To follow his run, visit crosscanadarun.com.

Heart attack symptoms differ in ethnic groups: Study

HEALTH Ethnicity is playing a role in how long it takes patients to get access to cardiac care, according to new University of Calgary research.

A research team out of the university, headed by Kathryn King, looked at patients representing people with Chinese, South Asian, First Nations and Caucasian backgrounds.

According to King, the research showed that overall, South Asians generally faced the longest wait to access cardiac care, while Caucasians faced the shortest wait.

"What I mean by access is they recognize their symptoms as a heart attack, and that they then present themselves to the emergency department to seek care," said King.

According to King's research, Caucasians are more likely to face central chest pains, while South Asian patients had symptoms over a larger area of the body.

Some minority groups have been aware that they have different symptoms for some time. Hargurjit Singh Minhas of the Indian Ex-Servicemen Immigrant Association said his organization has known about the symptoms and has been educating its members since 2000.
JOEL MESSNER/FOR METRO CALGARY

Diner's death calculated, say police

INVESTIGATION Chased, beaten and gunned down in daylight, police say the murder of an innocent victim killed in a triple homicide on New Year's Day was calculated, not accidental.

Investigators revealed new details yesterday at a Crime Stoppers re-enactment of the murder of Keni Su'a, who was simply a diner at a Vietnamese restaurant when masked gunmen stormed in and killed a known gang member and his associate.

"They tracked him down and they killed him. We don't know why they would beat him and kill him when they could have let him go, but they didn't," acting Staff Sgt. Patty McCallum said, adding the men were masked.

Tannis Keteca, a close family friend of Su'a, said she hopes the re-enactment will help catch the killers.

"We just don't want people to forget … and we just hope the case continues to progress. We're just trying to move on," Keteca said.
KRISTA SYLVESTER/METRO CALGARY

metronews.ca
What's online today.

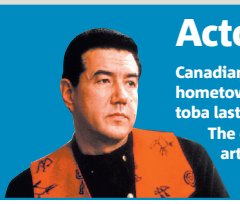
Video Calgary's sagging real estate market is hot compared to its U.S. 'twin' Houston at **metronews.ca/local**

Blogs It's Called Football is joined by Montreal Impact manager John Limniatis for their Nutrilite Voyageurs Cup preview show

Canadian reps to probe facility collapse

Representatives from a Saskatoon company that built the Dallas Cowboys practice facility are in Texas this week following a structural collapse that injured a dozen people. Some 70 players, coaches, media and others were inside. CBC NEWS ONLINE

Canada



Actor to host flood fundraising concert

Canadian actor and musician Tom Jackson is taking to the mic to help out his former hometown of Winnipeg in the wake of the flood that devastated much of southern Manitoba last month. Jackson is staging a flood fundraising concert May 13 at the MTS Centre. The event, Rise Again 2009: The Red Cross Manitoba Flood Relief Concert, will feature artists such as Tom Cochrane, Deborah Cox and JD Fortune, as well as local talent.

CBC NEWS ONLINE

Flaherty keeps EI options on the table

MP says Tories are listening to opposition's ideas

Finance Minister Jim Flaherty is leaving the door open to improve Employment Insurance to avoid being forced into an election by the opposition parties in Parliament.

"The opposition parties have some suggestions about what they would consider to be additional improvements to the (EI) system and of course we're listening to what they had to say," Flaherty told reporters.

Liberal Leader Michael Ignatieff is threatening to try to force an election in June if the minority government refuses to improve eligibility requirements so that more laid-off workers can access EI payments. And the New Democrats and Bloc Quebecois are demanding action to beef up EI during the economic crisis.

Prime Minister Stephen Harper has so far deflected these demands, saying Canada has "a very generous system of employment insurance" that was improved in the last budget. The budget extended the EI benefits period by five weeks and allocated money for additional training programs.

But sources say the Conservatives are considering further improvements to the program.

Flaherty laughed when it was pointed out that even his wife — Ontario MPP Christine Elliott — says more needs to be done fix the EI system.

Elliott complained that many people who lose a job cannot qualify for EI under current rules.

Flaherty responded by saying: "There are going to be times when, as elected officials, Christine and I have different policy positions — that is to be expected. This is 2009; this is not 1909.

"We are emancipated people, and she will think through her own policy positions. I don't expect we will always agree."

TORSTAR NEWS SERVICE

Parliament **Seal products banned**

BLAIR GABLE/REUTERS

Minister of Fisheries and Oceans Gail Shea faces the media in Ottawa yesterday. The European Parliament voted to ban imports of seal products, which the government said it would challenge.

News in brief

POLITICS The federal Liberals are ahead of the Conservatives and have enough support to give them a chance of winning a minority government, according to a new poll released yesterday. REUTERS

LABOUR Workers in 300 regulated occupations will find it easier under a new provincial law to move in and out of Ontario for employment, the Liberal government says. The legislation follows an agreement signed by provincial premiers in January to dismantle provincial barriers to labour mobility.

TORSTAR NEWS SERVICE

Protectionism fears rise

TRADE A Canadian company landed a contract to supply plastic piping for a new health-care centre at the Camp Pendleton Marine base in California.

But the piping is now being ripped out of the ground. Why? Because the pipes are branded with the words Made-in-Canada.

"Camp Pendleton is a perfect example of how an excellent product, a brand new product, is going to be pulled out of the ground and be replaced by an American-made product," said Veso Sobot, spokesperson for IPEX Inc.

The stakes for Canada's economy are huge. More than $90 billion US has been earmarked for spending on roads, bridges and other infrastructure in the United States.

"Many Canadians believe the issue" of American protectionism "was settled when the U.S. president came into Canada back in February and made assurances that all is well. But it's not," Sobot said.

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New tomb uncovered at Egypt's Lahun pyramid

Archeologists have found a nearly 5,000-year-old tomb near Egypt's mud brick Lahun pyramid, in a sign that the site held religious significance a millennium before previously thought. At left, archeologist Abdul Rahman Ayedi brushes off dust on vessels in the Second Pharaonic Dynasty-era tomb. REUTERS

World

Women in Pope's guard?

After more than five centuries protecting popes, the Swiss Guard may consider opening the ranks of the world's smallest army to women, its commander said yesterday. The guard currently numbers around 110 Catholic men between 19 and 30 years old. Clad in flamboyant striped uniforms, the guard's role is largely ceremonial. REUTERS

Wedding feud sparks attack

44 people shot dead at party after dispute between clans

Masked men armed with assault rifles and grenades killed 44 people at a wedding party in southeast Turkey in a blood feud between families over who should marry the bride, authorities said.

The bride and her groom were killed in Monday's attack in Bilge, a village in the conservative heartland of mainly Kurdish southeast Turkey.

"Eight people have been caught and detained, and their weapons confiscated. This can be understood as a blood feud between two families," Interior Minister Besir Atalay said.

The Celebi family had been at odds with each other over land, membership of state-sponsored village guards, and more recently over the bride, local residents said.

The attack was sparked by revenge from one part of the Celebi family, unhappy a son had been passed over for a groom from another family in Diyarbakir, residents said.

State news agency Anatolian quoted witnesses as saying up to six attackers stormed two houses where guests had gathered for prayers after the wedding. The daughter of the village chief was being married when the attack occurred.

"They broke into the house and started spraying the place with bullets, hitting both men and women, their faces were covered with masks," said a 20-year-old female eyewitness.

The attack was one of the worst involving civilians in the modern history of Turkey. REUTERS

Family rivalries

- Marriages in Turkey's conservative southeast can spark rivalry between clans, as the groom and his family must often pay some kind of prize to the bride's family, and sometimes the highest bidder wins.

Mexicans held in China over flu fears repatriated

ILLNESS Mexico began repatriating dozens of its citizens quarantined in China due to fears of a new flu virus.

An Aeromexico plane arrived in Beijing yesterday to pick up Mexican nationals there, after taking on dozens in Shanghai.

None of the 70 or so Mexicans quarantined in China have shown symptoms of the influenza A (H1N1) flu, also known as swine flu. They had been caught up in a drama about how far governments should go to quell fears of passing on the virus.

Xinhua reported that a Chinese chartered flight had collected 79 Chinese nationals in Mexico City before picking up 20 more in Tijuana. China has suspended direct flights to Mexico.

Other flu-affected nations have had citizens ensnared in China's quarantine measures, including more than 20 from Canada and at least four from the U.S.

Mexico is considered the epicenter of the flu outbreak that has infected more than 1,300 people in 22 countries over the past week. The epidemic appears to be waning in Mexico after 26 deaths there, but a Texas woman was declared yesterday to have died from the illness last week, marking the second death in the U.S., as well as the second outside Mexico. REUTERS

THIERRY ROGE / REUTERS

Belgian students repatriated from Mexico pose with a sombreros and surgical masks at Brussels Airport yesterday. About 100 European students on internship in Mexico were repatriated because of the the influenza A (H1N1) virus, also known as swine flu.

Festival called off

- Cinco De Mayo festivities in the city of Puebla, the town's biggest celebration of the year, were called off after a government order to cancel public gatherings.

Afghans truck bodies to governor after U.S. strikes

HERAT Villagers brought truckloads of bodies to the capital of a province in western Afghanistan yesterday to prove that scores of civilians had been killed by U.S. air strikes in a battle with the Taliban.

The governor of Farah Province, Rohul Amin, said about 30 bodies had been trucked to his office, most of them women and children. Other officials said the overall civilian death toll may have been much higher, with scores of people feared killed while huddled in houses that were destroyed by U.S. warplanes.

U.S. forces confirmed that a battle had taken place with air strikes and said they were investigating reports of civilian casualties, but were unable to confirm them.

"There was an insurgent attack on an ANA (Afghan National Army) group and the ANA called for assistance, and some coalition troops joined them to help fight this group," said U.S. military spokesman Colonel Greg Julian.

He said U.S. and Afghan officials would head to the site today to investigate the reports of civilian deaths.

Ghulan Farooq, a member of parliament from the province, said he had been told by family members in the district that as many as 150 people had died. He said U.S. air strikes had destroyed 17 houses. Those figures could not be independently confirmed. REUTERS

Greek same-sex weddings ruled invalid

ATHENS A Greek court ruled the country's first homosexual weddings, celebrated last year despite official warnings, were invalid, the couples' lawyer said.

Last year, a gay and a lesbian couple defied the threat of criminal charges and the wrath of the Greek Orthodox church to tie the knot, saying they took advantage of a loophole in Greek civil law, which does not specify gender in matrimony.

A public prosecutor from the neighbouring island of Rhodes took the case to court saying neither the constitution nor the law referred to same-sex marriage. He asked the court cancel the weddings and rule the mayor's move to officiate illegal. REUTERS

News in brief

RUSSIA Prosecutors initiated a criminal investigation yesterday into the use of helicopters to hunt endangered goats by senior officials. Seven people died in a helicopter crash in January, including Russian President Dmitry Medvedev's personal envoy to parliament. Environmentalists have said photos from the site appeared to show that endangered Argali goats had been shot.

KABUL Afghanistan's only known pig has been locked in a room, away from visitors to the Kabul zoo, due to public fears about the spread of swine flu. REUTERS

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TODD KOROL/REUTERS

WestJet Airlines president and CEO Sean Durfy smiles by the firm's corporate headquarters after an annual general meeting in Calgary yesterday.

WestJet Q1 results beat expectations

TRAVEL WestJet Airlines Ltd. posted a smaller-than-expected drop in quarterly earnings yesterday and said it expected to emerge stronger than ever from a global slowdown in air travel, sending its shares surging.

Canada's No.2 airline cautioned that the second quarter will remain tough in the face of economic pressures and the possible impact of influenza A (H1N1), also known as swine flu.

WestJet CEO Sean Durfy said the flu outbreak was "hitting the psyche of the travelling public hard," although it was too early to say how badly this will affect bookings.

One of only a few profitable airlines in North America, WestJet's first-quarter earnings fell 28.7 per cent to $37.4 million, or 29 cents a share, as the soft economy trimmed demand and competition in the industry led to lower pricing.

Durfy said the airline had adjusted its flight schedules to reduce some flying as it took into account current demand.

"This will lower our previously planned second-quarter capacity growth to between one and two per cent," he said.

REUTERS

In brief

WIRELESS Rogers Communications Inc. has announced that it will begin charging wireless subscribers 15 cents for each incoming text message received on cellphones.

HOMES While condo unit supply is now outpacing demand, likely due to overbuilding and downward pressure on prices, the risk of developing a broad reversal in prices is low, Scotiabank and TD Bank have said in separate studies.

TORSTAR NEWS SERVICE

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Comment & Views

Comment

Voting on making each vote count

TheWestView

Fans of democracy will be watching Tuesday's B.C. election, and not just because they're wondering if Gordon Campbell can make it a three-peat.

If you've ever complained your vote doesn't count, you should be watching the results May 12 because, for the second time in four years, B.C. voters will be asked to decide if they want to count their votes differently: The Single Transferable Vote (STV) to replace the current first-past-the-post system.

No, it's not a four-wheel drive vehicle or a sexually transmitted disease. It's a citizen assembly's best idea for making each vote count, and it gets points for sincerity, if not effectiveness.

The current system, universally in place at the provincial and federal level, is the blunt instrument of representation by population: The candidate with the most votes wins. Everybody else comes last. This has come to mean we get powerful governments who can rule for years even if they're elected by less than 50 per cent of eligible voters.

STV is supposed to change all that. If it passes (it fell two per cent short of the 60 per cent required last time around) in 2013, the province will have 20 electoral districts instead of 85 ridings, with two to seven MLAs representing those districts in Victoria. Instead of marking an X on our ballots, we'll list the candidates in order of preference. If there aren't enough votes to elect someone, then the candidate with the fewest number of votes will be eliminated, and fractions of the votes are distributed among the remaining candidates, based on a complicated formula requiring 12-year-old nerds with computers. (Well, they don't have to be 12, but it helps.)

There are so many inequitable variables, it makes you yearn for the blunt simplicity of first-past-the-post. The size of the districts, the populations, the number of elected representatives, the sun in Virgo — everything gets thrown in. Not to mention the only places STV now operates are Malta, Tasmania and Ireland, which would all fit comfortably into the proposed Northwest region electoral district, which is a staggering 372,000 square kilometres, so it's completely untested in a typical Canadian context (too few people, too much tundra).

It didn't make it last time, and it doesn't look likely this time, which is too bad considering all the work and conviction put into it. But there are other forms of proportional representation that look promising, including mixed-member pro-rep, which was chosen in New Zealand over STV by a majority of voters.

Democracy is flawed, but precious, so let's keep working on it. But let's not forget what we're messing with here: Our freedom. And it's not just another word for nothing left to lose. At least not yet.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: What's your opinion on media coverage of influenza A (H1N1), formerly known as swine flu?

Kim Chipchase
age 33, Calgary

A: It's all over the news and to me the likelihood of catching it is slim to none. I think they are making it out to be too much.

Mike Desilets
age 39, Calgary

A: I think it's a little bit overblown. We have seen these kinds of pandemics raised before.

Chris Willis
Edmonton

A: They were getting a little carried away with it, but now it's slowed down.

Harold Brubaker
Edmonton

A: I think it's been overblown ... More people are killed every day in motor vehicles than what's happening with this flu.

Leisha Scanlan
age 23, Halifax

A: They seem to be hyperactive on covering it and they're kind of making it more pandemic than it is.

Alexandra Loslier
age 24, Vancouver

A: I actually just got back from Mexico. The media has sensationalized the issue more than necessary.

MICHAEL DE ADDER

It's your turn to tell others what you think. Send your thoughts and opinions to: calgaryletters@metronews.ca or Twitter: @metrocalgary
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Yankees catcher goes on DL
New York Yankees catcher Jorge Posada has been placed on the 15-day disabled list after straining his hamstring against the Boston Red Sox. REUTERS

Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

Canucks take Chicago

Stanley Cup
2009 **Playoffs**

Roberto Luongo stopped 23 shots to help the Vancouver Canucks to a 3-1 victory over the Chicago Blackhawks in Game 3 of the Western Conference semifinals at United Center.

JONATHAN DANIEL/GETTY IMAGES
Roberto Luongo makes a save on the Blackhawks last night.

Mason Raymond, Steve Bernier and Henrik Sedin each had a goal for the Canucks, who now hold a 2-1 lead in this best-of-seven series. Alex Edler chipped in two assists in the win.

Brian Campbell scored the lone goal while Nikolai Khabibulin was charged with three goals on 21 shots for the Blackhawks, who will host Game 4 tomorrow.

The Canucks got the only goal of the first period and it came off the stick of Raymond. A clear attempt was kept in the zone by Kevin Bieksa along the right boards.

He sent a pass over to Ryan Kesler, who from the inside right circle winged it over to the left side for the easy slam by Raymond with 4:26 left in the frame.

Luongo needed to make just seven saves in the first period to keep Chicago off the board.

METRO NEWS SERVICES

Sports in brief

NHL Research In Motion co-CEO Jim Balsillie wants to buy the financially ailing Phoenix Coyotes and bring them to Southern Ontario. Balsillie says his $212.5-million US offer is conditional on moving the Coyotes north of the border. "The current team ownership asked that I table an offer to purchase the Coyotes and significant discussions resulted in an offer that is in the best interests of the franchise, the NHL, and the great hockey fans of Canada and Southern Ontario," Balsillie said in a statement yesterday.

UFC Middleweights Jason (The Athlete) MacDonald and David (The Crow) Loiseau, two of the most experienced Canadian fighters in the UFC, have been cut by the mixed martial arts organization. Fellow Canadian 185-pounder Jason (Dooms) Day has also been released, the UFC confirmed yesterday.

HOCKEY The Maple Leafs' Ian White is leaving the IIHF World Hockey Championship. The Canadian defenceman has a sore neck and will travel back to Toronto today to be examined by doctors as a precaution. White sat out Monday's game against Finland. METRO NEWS SERVICES

Swede success for Backlund

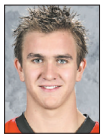
LAURENCE HEINEN
for Metro Calgary

WHL Mikael Backlund insists that Sweden doesn't produce soft hockey players anymore.

"We have a lot of good players," said the first round pick of the Calgary Flames in the 2007 NHL Entry Draft. "One of the best hitters in the NHL is Niklas Kronwall. There's no chicken Swedes anymore."

Backlund and his Kelowna Rockets have built up a 3-0 series lead against the Calgary Hitmen heading into Game 4 tonight (8 p.m., Shaw TV, Fan 960) at Kelowna's Prospera Place.

"We have to have a lot of respect for them and not look too long forward," said Backlund, whose team is one win away from qualifying for the Memorial Cup in Rimouski, Que., from May 15-24. "I think we have a lot more in us."


Backlund

Backlund started the season playing for his hometown Vasteras squad before suiting up for Sweden at the 2009 World Junior Hockey Championships in Ottawa.

Afterwards, he remained in Canada and even played a regular season game with the Flames before completing the WHL campaign with Kelowna.

"I would have preferred to have him here the whole year," said Flames GM Darryl Sutter. "It was a really good move for him. At the same time too, it wasn't just about bringing him to North America. He wanted to be in a good situation. We were really happy when Kelowna wanted him and it's worked out."

Needless to say, Backlund is extremely happy with his decision to join the Rockets.

"It's been an awesome time here in Kelowna," said the 20-year-old Swedish forward, who's not afraid of the physical style of play in North America.

"It's probably been the best hockey time of my life. The WHL is professional and a really good league and Kelowna's a great organization. They take care of me a lot. I'm just really fortunate to be here."

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By the numbers

By 2011, the Canadian Nurses Association predicts Canada will be short 78,000 nurses, rising to 113,000 in 2016. METRO NEWS SERVICES

Health Care CAREERS

Nursing Week

From May 11-17, nurses around the country will be uniting in celebration of National Nursing Week. The theme this year — Nursing: You Can't Live Without It! — is all about recognizing the impact nurses have on their communities. METRO NEWS SERVICES

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Co-ordinators key

ANDREAS MORSE
for Metro Calgary

Volunteers play an integral role in a hospital's community.

And just like any other community, in order to work together successfully, it takes a strong leader to keep everyone organized.

That's the role of a hospital's volunteer co-ordinator. Just ask Jeanny Wilson, manager of volunteer services for the Friends of University Hospitals — a volunteer, non-profit organization committed to enhancing patient comfort through volunteering. The Friends have volunteers in the University Hospital and the Stollery Children's Hospital. Eleven-hundred volunteers all-told, 750 of whom are active. And Wilson is in charge of organizing them all.

> **"You have to really like people and be kind to people."**
> Jeanny Wilson

"It's just a lot of co-ordinating," she admits.

Wilson has been at the hospital for 25 years. She started in a human resources position and moved on to patient relations when she was able to take the Executive Leadership in the Non-Profit Sector program at Grant MacEwan College, which brought her to her current position. She said a human resource management or volunteer management degree would also help prospective volunteer co-ordinators.

But there's one thing that can't be taught, according to Wilson: The way you deal with people.

"You have to really like people and be kind to people," she said. "That's what keeps (volunteers) coming back, because they're not getting paid."

Betty-Lynn Zukewich manages volunteer services at the Misericordia Community Hospital. Zukewich has about 85 different program areas at the Misericordia alone.

"Our volunteer numbers fluctuate throughout the year, but last year we recorded 712 volunteers at this site alone with over 84,000 hours," Zukewich said. "That's just our site, there are other sites too."

Zukewich said her main role as a co-ordinator is to look after orientation, training, placing, scheduling and keeping an eye on the volunteers. She said it's important people realize the volunteers are there as tools to help the professionals, not to hinder.

It takes strong leadership to be a volunteer co-ordinator.

"Volunteers are not placed in program areas to replace staff, they're here to enhance the staff," she said.

'A career unlike any other'

ANDREAS MORSE
for Metro Calgary

As if helping save lives in a hospital emergency room isn't exciting enough of a career, try doing the same thing in the middle of a war zone.

Kirsten MacFadyen has been to Afghanistan once, as a civilian. But that experience was enough to convince her that joining the armed forces and becoming a nurse was the right career for her.

"I deployed to Kabul on tour as a civilian before I joined," said the 33-year-old from Innisfail, Alta. "It enabled me to get a good feel for what the military was about and helped me to make an informed decision about joining."

MacFadyen joined the armed forces three years ago and became a nurse two years ago. She said the armed forces provides her with a variety of opportunities beyond traditional nursing roles and all of the additional training she took outside of nursing school was provided by the military.

"We take a variety of military courses, including basic officer training, nursing-specific courses, field training and second language training," MacFadyen said.

MacFadyen said she became a nurse because she likes change. She likes to be challenged personally and professionally as well as mentally and physically. The armed forces provided her with all of that, but she says joining the military might not be for everyone.

"It's not a career for everyone, but it is a career unlike any other," MacFadyen said.

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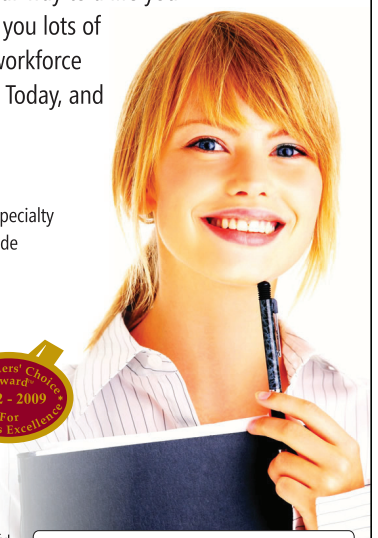

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Metro Workology exclusive: Paws and Claws
This is the last edition of Metro Workology's Paws and Claws series. Bidding adieu here is Navy the Rottweiler and I think she wants you to read the whole thing online at Metronews.ca/work.

Workology

Optional evolution

Under proposed legislation in Alberta, provincial schools would be required to notify parents in advance about subject matter dealing explicitly with evolution, sexuality, or sexual orientation, and parents would be given the authority to exclude their children from classes if such topics come up. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Cross-Canada rally for stray pets

Paws and **Claws**

RAFAEL BRUSILOW
for Metro Canada

As many Canadians hope for a sunny May, many more lost, abandoned or abused animals hope to find a loving home.

This month the Canadian Federation of Humane Societies (CFHS) is teaming up with pet food producer Iams to raise awareness of pet adoption across Canada with the Iams Friends for Life campaign.

Steve Carroll, CEO of CFHS, says with more animals than ever in need of adoption, he hopes potential adopters will recognize both the value of companionship and the responsibilities inherent in adopting a pet.

"Friends for Life means that when we commit to bringing this loving being into our lives and they trust us, we have to return that trust for life," Carroll said.

More than 121 shelters across Canada are participating in the program with walk-a-thons, pet parenting clinics and free pet care kits given to each new adoptee by Iams.

Contrary to the stereotypical belief that animals at shelters tend to be unruly or unclean, Carroll says shelters are safe zones that provide exceptional care for loving pets who just need a good home.

"I think there are a lot of people who think of the animal shelter in their community as a place of last resort and that's just so far from the reality these days. These are not dumping grounds for animals — they are valuable community assets," he said.

Carroll says 48 per cent of animal shelters report May as the busiest month of the year for new animal arrivals, making this month a crucial time for raising awareness about adoption.

"A loving animal in your life is a great way to stay connected to your heart." Steve Carroll

For people thinking of bringing a furry little critter into their lives, Carroll hopes more people will consider adopting from a shelter because of the better animal care — and better price — a shelter offers.

Unlike at most pet stores or with a breeder, animals adopted from a shelter are already vaccinated, checked by a vet, spayed or neutered, temperament tested and even microchipped for identification purposes should they get lost in the future.

Given that the total costs for such services as well as the price of the animal can frequently run up to $1,000 at a retail outlet, the $350-$450 dollars a shelter charges for a similar, fully treated animal lets would-be owners get a well-loved animal for a fraction of the cost.

"A loving animal in your life is a great way to stay connected to your heart. It reminds us every day that we have to care, we have to love," Carroll said.

For more information, go to cfhs.ca or iamsfriendsforlifemonth.ca

GETTY IMAGES

Humane Societies across Canada and Iams have teamed up to raise awareness of adopting pets.

That's it for our Paws and Claws exclusive series. Metro would like to thank everyone who submitted pictures of their pets. To see the archived articles of the Paws and Claws, stop by **metronews.ca/work**

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May is Car Care Month

May is National Car Care Month in Canada, a reminder that regular maintenance is the key to safety, minimizing fuel consumption, and preventing expensive repair bills. METRO NEWS SERVICES

Metro Drive

Circle of Cube

Five hundred Canadians are battling for votes to win one of fifty all-new 2009 Nissan Cubes in the company's Hypercube campaign, which rewards social creativity. Visit hypercube.ca to check out the finalists' profiles. METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Road to success

Suzuki Grand Vitara goes for modern looks

JIM ROBINSON
for Metro Canada

Sensing the market was changing drastically, Suzuki announced last fall it would add a four-cylinder model to its popular Grand Vitara, downsizing one its most popular products at the right time.

Suzuki is no stranger to four-bangers and four-wheel-drive beginning almost 40 years ago with the diminutive SJ410/SJ413. From these two humble vehicles sprang a myriad of offspring sold by Suzuki and by General Motors.

And while the Grand Vitara name has been around for a while, the current generation combines welcome good looks with a proven drive train and proper 4WD, not all-wheel-drive.

To the original V6-powered Grand Vitara was added the new 2.4-litre with variable valve timing that produces 166 hp and 162 ft/lb of torque and can tow up to 3,000 lbs (1,360 kg). Suzuki claims that is double of any of its four-cylinder competitors. The 2.4-litre is fitted with a five-speed manual or four-speed automatic transmission.

Tested here is what is expected to be the most popular/affordable version, the JX four-cylinder with automatic transmission starting at $27,995. In the 2.4-litre versions, Grand Vitara starts with the base JA at $25,995 and goes up to the JLX with automatic and leather seating starting at $29,995.

The JX as tested has standard four-wheel vented disc brakes, automatic climate control, cruise, power windows/doors/locks and heated outside mirrors. Besides six airbags all Grand Vitaras come standard with ABS with electronic brake force distribution and Electronic Stability Control (ESP).

2009 Suzuki Grand Vitara JX

Type: Compact SUV
Price: $27,999 (no options as tested)
Engine: 2.4-litre, inline four-cylinder (166 hp, 162 lb/ft)
Fuel Economy: 2.4-litre automatic (as tested), 11.2/8.6L/100 km (25/33 mpg) city/highway

Highlights

- Proper 4WD drive
- Modern interior, exterior

The styling of the Grand Vitara marks it as one of the first Suzukis in a long time to look contemporary. Previously, Suzuki SUVs were long on reliability (they still are) but they just didn't have the same eye appeal of the competitors like Honda CRV and Hyundai Tucson.

The makeover of the interior stands out. Gone are the painfully hard, black plastics and the placement of controls that was almost haphazard. Second, there is finally more than enough front seat travel and, third, the rear seat is one of the longest cushions I can remember.

Grand Vitaras are equipped with a four-mode, dual-range four-wheel system with a centre-locking differential that is controlled by a rotary knob on the dashboard. In 4Hi, the torque is split 47/53, front/rear for normal driving. In heavier going, the differential can be locked in 4Hi-Lock and the torque split is 50/50.

Suzukis have always been known for their engineering be it cars, ATVs, outboards or motorcycles. They built stout and dependable products.

But now that Suzuki has married all that into really stylish offers, like the 2009 Grand Vitara, they look like they're on the 4X4 road to greater success.

Suzuki has added a four-cylinder version of its popular Grand Vitara for 2009. It boasts a towing capacity of 1,360 kg that is double that of its four-cylinder compact SUV competitors.

Safety nods for Ford Fusion models

PICKS The all-new 2010 Fusion and Fusion Hybrid have received a "Top Safety Pick" rating from the U.S.-based Insurance Institute for Highway Safety (IIHS).

Ford is the only automotive brand to offer two hybrids that have segment-leading fuel efficiency, "Top Safety Pick" awards and exclusive safety technologies.

The Fusion Hybrid offers 41 mpg city while the Escape Hybrid is the most fuel-efficient SUV on the market and also garnered a "Top Safety Pick."

The new Fusion Hybrid's class-leading fuel economy bests the Toyota Camry hybrid by 8 mpg in the city. It also features Ford's innovative SmartGauge with EcoGuide, which coaches hybrid drivers to maximize fuel efficiency.

Fusion gets some of their core strength from the use of lightweight high-strength steel in the body structure. The structure of the Fusion helps it withstand intrusion in a side impact.

The tailor-welded B-pillars between the front and rear doorframes are stronger at the top of the vehicle (from below the beltline upward) than at the bottom. This helps to channel energy below the level of the occupants. At the torso level and above, the structure helps to prevent intrusion into the passenger compartment.

Among the segment-exclusive safety and driver aid technologies on the new Fusion are Blind Spot Information System (BLIS) with Cross Traffic Alert (CTA) and 911 Assist. FROM CARGUIDE

The all-new 2010 Ford Fusion Hybrid.

Driving schools going green
More and more driving schools in Canada are going green and are now adding fuel-efficient driving techniques to their curriculum. A list of all driving schools registered with Natural Resources Canada is available at vehicles.gc.ca. NEWS CANADA

'Right-sized' Journey

JIM ROBINSON
for Metro Canada

If you can look past Chrysler's fiscal woes, the brand has some very good and successful vehicles in its model range.

The Grand Caravan minivan and the Ram pickup have been on the list of top selling nameplates for several years now. The Chrysler 300 full-size sedan and, of course Jeep, are also favourites among Canadian consumers.

Last year, Dodge introduced the Journey which it described as the "right-sized" crossover and it was slotted in between the Caliber compact car and the Grand Caravan minivan.

To me Journey is a clever way of taking a minivan and making it look like a SUV so people get the utility of up to seven seats along with a more rugged trucky look so in vogue these days.

Based on a stretched Sebring platform, the Journey answers the question about what ever happened to the regular-size Chrysler minivans and fills a void in the Chrysler/Dodge lineup at the same time.

Essentially this is the vehicle that fits in where the short-wheel-base Caravan used to be and is still very much in demand by a lot of consumers who don't want a full-size minivan in the Odyssey/Veracruz class. Bigger than a Mazda5, it also offers a real utility advantage against the rise of Santa Fe/Equinox/Edge competition.

Journey comes standard with four-wheel disc brakes with ABS, Electronic Stability Control with integrated traction control, Electronic Brake Assist, Electronic Rollover Mitigation and Trailer Sway Control.

Also standard is four-wheel independent suspension, 40/60 split folding rear seat, power heated mirrors, power locks and windows and, believe it or not at this price, a glove-box with chilled drink storage.

With all that equipment and a price point under twenty grand ($19,495 for the SE), it's a bargain.

Both SE models are powered by a 2.4-litre, variable valve timing DOHC inline four-cylinder producing 173 hp and 166 lb/ft of torque. It comes with a four-speed automatic transmission and is available only in front-wheel-drive (FWD).

On the highway, the R/T was light on the controls with the six-speed automatic shifting up and down seamlessly.

Call it a minivan, a station wagon, a hatchback or whatever a "crossover" is these days, the Dodge Journey does fit Chrysler's mantra of being the "right-sized" family vehicle.

Dodge calls the 2009 Journey the "right-sized" crossover fitting in between the Caliber hatchback and the Grand Caravan minivan.

2009 Dodge Journey R/T AWD

Type: Mid-size crossover van
Price: $29,995 (as tested)
Engine: 3.5-litre V6 (235 hp, 232 lb/ft)
Fuel Economy: 3.5-litre AWD, 14.2L/100 km city, 8.9L/100 km highway

Highlights

- Family van with good looks
- Affordable

Audi celebrating 100th anniversary

German automaker Audi will celebrate its 100th anniversary this summer in an event that will include historic race cars and the public debut of the Audi R15 TDI racing prototype. German chancellor Angela Merkel is expected to attend the celebration. METRO NEWS SERVICES

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Top down time of year

AutoPilot
Michael Goetz
metronews.ca/autopilot

Driving a convertible in spring and summer is a joyous experience, if you don't mind the wind ruffling your hair a bit.

It's been a long winter and a reluctant spring. But finally the sun is out and warm. The grass is riz. The trees are in bud.

And, I'm right where I want to be this time of year … in the basement, slightly drowsy on allergy medication, watching the NHL playoffs.

And as soon they're over, or there is a lull in the action for a few days, I'll engage in another springtime passion — driving top down. (Just to clarify, I'm keeping my shirt on.)

It's tough to feel lousy when you're speeding through the countryside in the sunshine.

The experience also illuminates why our species became so enamoured with automobiles at the turn of the last century — we get that simple, primal rush of "being in motion."

Modern cars, and modern roadways, can disconnect us from this cool vibe, but the simple act of "dropping the top" can reconnect us to those heady days, when we first became the masters of our own mobility destinies, and sped off in all directions, just because we could.

These days, I borrow convertible test cars, and they're all very cool, but my strongest and fondest drop-top experiences came during my twenties, behind the wheel of my well-used 1973 MGB. In those days I was prone to taking fast runs late at night, and I can still feel how the air felt cooler whenever the road dipped into a valley, and how the countryside smelled during haying season.

I also remember what it smelled like when I happened to be trapped behind a garbage truck.

Convertibles let the sun in — good for your soul. But they also let the sun in — not good for pasty, white Canadian skin. I remember some long summer days in the MGB's saddle, an experience that made my face look like I'd been shaving with a blowtorch.

Convertibles also let the wind blow your hair — oh so groovy while you're driving, not so handy when you need to arrive somewhere with manageable hair.

The age-old solution to mitigate sunstroke and hair issues while experiencing open-air moorings is to wear some sort of headgear. Some people do it elegantly, like Audrey Hepburn and her kerchief, in any movie she made in the 1950s and 1960s. Me? Not a kerchief guy. Or a hat guy.

Michael Goetz has been writing about cars and editing automotive publications for more than 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

Storage needs ignored: Report
Manufacturers and designers are overlooking basic storage needs in vehicles, according to a new report by J.D. Power and Associates. The study and is intended to provide manufacturers with insights on customer seating and storage preferences. CANADIANDRIVER.COM

Motor gifts for moms

This Mother's Day you can pick up car accessories for your mom.

JUSTIN PRITCHARD
for Metro Canada

Some years after changing your diapers, packing your lunch for school and hauling you to hockey practice, your mom probably helped to teach you how to drive. If you've ever made fun of her driving, she'll likely remind you of it without hesitation.

With Mother's Day right around the corner, why not consider scrapping the usual generic presents in place of something cool for her car? Whether new or old, your mother's ride could probably do with some accessorizing, cleaning or dressing up to make it more enjoyable. After all, doesn't she deserve it? Here are some ideas:

• Pick up some drive-thru car wash tickets from your local gas station to help Mom keep her ride clean. Most of these don't expire for several months, so she can keep them tucked in her sun visor for a while. They'll run you between about $6 and $9.

• Now that you've outgrown flinging Cheerios, crayons and fries around the cabin of Mom's car, wouldn't a good interior cleaning be appropriate? In addition to increasing enjoyment and looks, a spotless cockpit packs that extra sentimental value that comes with a hand-made gift.

Break out the vacuum, some vinyl cleaner, Windex and a few rags, and you'll have the interior looking factory-fresh in no time. Leave mom at the spa while giving her car a spa treatment for maximum effect.

• Of course, many Moms have the "clean and tidy"thing under control. If that's the case, why not consider buying yours a sense of direction! The market is packed full of navigation systems that can be fitted to any vehicle. Priced from under $200 to more than $600, you'll be able to find mom a system that's perfect for her needs and your budget. Most users find aftermarket navigation systems easy to learn and install, and many come with a memory to store common destinations on board.

• Is your mom an iPod fanatic? Is her car missing an input jack for the stereo? If so, musical mediocrity at the wheel can become a thing of the past. Even if Mom's ride doesn't have a CD player, she can still enjoy her MP3s on the go with a cassette player adapter or FM transmitter.

• To keep Mom on the go in style, be sure to consider some dealer-installed accessories for her chariot. Even relatively minor and inexpensive visual upgrades like a bug-deflector, exhaust tips and chrome grille accents can make a big punch in the looks department that she's sure to appreciate. If the budget allows, some upgraded rims and a spoiler will help dress up her rig even more.

Use this gift to compensate for any dents, scratches or other damaged caused by your early years of driving.

Remember: your Mom's car is probably like a little home away from home. Give it some TLC, and you'll go up a few notches in her good books.

Shine a bright light

Drivers can restore plastic headlight lenses to like-new clarity with the new 3M headlight Lens Restoration System. Visit 3Mcarcare.com for more information. METRO NEWS SERVICES

Buckling up best for pets

JIL MCINTOSH
for Metro Canada

PHOTO COURTESY BARK BUCKLE UP

Unrestrained pets can distract a driver, says pet safety expert Christina Selter, and in a crash, they can be hurt, inflict injuries on human passengers, or even attack first responders who are trying to help.

Few people today would drive even a short distance without their children safely buckled into their seats. Now it's time to do the same for our animals, says pet safety advocacy group Bark Buckle UP (barkbuckleup.com).

Unrestrained dogs and cats can distract a driver, says pet safety expert Christina Selter, and in a crash, they can be hurt, inflict injuries on human passengers, or even attack first responders who are trying to help.

She cites a chilling statistic: In a collision of just 56 km/h, an unsecured dog weighing 27 kg will launch with a force of 1,224 kg. "If that hits you in the back of the neck, it would break your neck, or be launched through the windshield," she warns.

If a front airbag deploys when you have a pet on your lap, the airbag will almost certainly kill the animal. Not only that, but Selter says that the force of the bag, which deploys at around 321 km/h, will push the pet into your abdomen, possibly causing human internal injuries. And pet injuries don't necessarily have to be from a collision.

Just slamming on the brakes can tumble an animal off the seat, possibly resulting in broken limbs or lacerations.

A pet that gets behind the pedals can prevent you from fully applying the brakes, even as it suffers injuries from being jammed between the pedal and the floor. And it's not unusual for a dog to be so interested in something outside the car that he jumps out through an open window.

The safest place is tethered to the rear seat, or the cargo area of SUVs or wagons. Cats or smaller dogs should be in a carrier that's secured with tie-downs, as it will fly through the car in a crash if it's unsecured.

Pet stores sell travel harnesses, carrier tethers and seat leashes, ranging from about $20 to $40, all of which attach to the car's seatbelts.

The leashes should never be attached to a collar, and harnesses should have wide straps, which even out the force of a crash and help prevent internal injuries.

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Ugandan students build 'Poor Man's Car'
Ugandan university students have built a prototype of what they call "The Poor Man's Car" – fashioned from sheet metal, wood seats and diesel engine pulled from a corn mill, Wired.com reports. The car costs only $4,500. METRO NEWS SERVICES

AMG a class apart

Many new features in E 63 sedan

E 63 AMG from Mercedes.

AMG, the high-performance brand within Mercedes-Benz Cars, is presenting the new E 63 AMG for 2009.

This dynamic sports sedan with day-to-day suitability impresses with outstanding performance, thrilling handling characteristics and a technology transfer from the SL 63 AMG Roadster.

The new E 63 AMG distinguishes itself from the regular Mercedes-Benz E-Class models with a completely newly developed AMG Ride Control sports suspension with electronically controlled damping and a new front axle, and with its autonomous exterior and interior design.

At the same time Mercedes-AMG has achieved a reduction in fuel consumption by almost 12 per cent for the new E 63 AMG, thanks to the concerted use of fuel efficiency measures.

With its unique combination of pioneering driver assistance systems, the E 63 AMG further consolidates the brand's leading position in the field of automotive safety.

The AMG 6.3-litre V8 engine in the new E 63 AMG develops a power output figures for the SL 63 AMG. It produces 525 hp.

The high-performance Roadster has also donated its AMG SPEEDSHIFT MCT 7-speed sports transmission to the new model.

It dispenses with a conventional torque converter and uses a compact, wet start-up clutch.

In conjunction with the four individual driving modes, the throttle blipping and RACE START functions, the resulting, direct connection to the powertrain allows an extremely emotional and highly dynamic driving experience.

The drive unit is unique in this segment, and ensures sporty performance figures: The E 63 AMG accelerates from 0-100 km/h in just 4.5 seconds, with a top speed of 155 mph (electronically limited).

A new, electronically controlled damping system automatically varies the damping characteristics according to the driving situation, reducing the roll angle of the body.

The result is instant adjustment to provide the best possible ride comfort together with the greatest possible agility.

In addition the driver is able to choose between the three suspension modes of Comfort, Sport and Sport plus at the touch of a button.

FROM CARGUIDE

The E 63 AMG accelerates from 0-100 km/h in just 4.5 seconds, with a top speed of 250 km/h.

Travel

Hands off my luggage

Sure, you can always tie a piece of yarn to the handle of your suitcase to prevent mixups at the luggage carousel. But these Not-Your-Bag Tags from My Tagalongs, mytagalongs.com, are so much more entertaining. With phrases like "Guess again," "Maybe not," "That's my stuff" and "Don't take me," your fellow passengers will certainly know they're to keep their grubby hands off of your bags. METRO NEWS SERVICES

TRAVELDESK@METRONEWS.CA

Yoga atop the Alberta Rockies

TheTravelJunkie
Julia Dimon

metronews.ca/traveljunkie

There's nothing quite like doing a "tree pose" at 9,000 feet. But there I was, balancing in this classic yoga position while taking in a panoramic view of the snow-capped Canadian Rockies.

This certainly isn't your average yoga studio. This is heli-yoga, a tourist activity that combines the meditative practice of yoga with a traditional helicopter sightseeing tour.

Just a short drive outside Banff National Park near Alberta's Lake Louise, Icefield Helicopter Tours takes the conventional aerial experience one step further. This helicopter tourism provider has partnered with Martha's Heli-Hikes, an outdoor adventure outfitter, and together, they are offering a variety of high altitude activities, from hiking to snow shoeing, ice walking to yoga.

Tourists keen on connecting with nature may find themselves high on the mountain top, resting in "child's pose," overlooking some of our country's most stunning scenery.

A day excursion begins at the heliport with a brief safety lesson, a gear check and the distribution of tasty gourmet packed lunches. After piling into the chopper and slipping on a set of noise-cancelling headphones (complete with fighter jet style microphones), the pilot is ready for takeoff. The blades rotate faster. The whomp-whomp sound crescendos. The chopper lifts off and hovers above the ground like a giant metal dragonfly. Even for the most jaded of flyers, there's something truly exciting about cruising around in a helicopter!

JULIA DIMON/FOR METRO CANADA

Above, guide Martha McCallum leads visitors in heli-yoga atop the Wedding Knoll, a grassy clearing and matrimonial hot spot in the Rockies. Above right, a helicopter comes in for a landing.

We soared above the mountain range, keeping our eyes open for wolves, elk, grizzly bears and other wildlife found in the area.

Depending on the flight conditions, the helicopter can land in a variety of geographic landscapes, from the waterfalls of the raging Cline River to the ridge of Wedding Knoll, a grassy clearing and matrimonial hot spot.

The chopper found a safe pad to land and Martha, my guide and resident yoga expert, hopped out, mindful of the deadly blades swooping overhead.

I followed her lead and braced myself as whirls of wind whipped up sand and dust.

I got into yoga gear and prepared for my Hatha yoga lesson. Depending on the season, weather can change quickly and without warning, so it's best layer your wardrobe and prepare for sudden variances in temperature.

As my yoga mat flopped and folded with every gust, I slithered into Cobra position. Breathing deeply, relaxing and stretching at the top of a remote mountain somehow made me feel more connected with nature, with myself and the world around me.

While I enjoyed the experience, I can understand why helicopter tourism is such a controversial topic in the area. Critics claim that helicopter tours aren't sustainable; that the noise and air pollution from the aircrafts can cause environmental damage and disturb the wildlife.

Martha herself admits the environmental irony of using a gas-guzzling machine to enjoy the pristine wilderness, but she maintains that "practising yoga in nature bring us closer to the Earth. Fuel and yoga might seem at odds with each other but the benefits of coming out here, into remote parts of the Rockies, far outweigh the negative effects."

After a series of poses and meditative moments, the lesson ended with a calm concluding "oooom," a whispered "namaste," and a scenic helicopter ride back to the base. Icefield Helicopter Tours offers day heli-yoga trips in Alberta's Rockies at $469 per person. Visit icefieldheli.com.

Heli-yoga

- Visit icefieldheli.com.

Julia Dimon is co-host of Word Travels, airing on OLN; juliadimon.com.

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SPECIAL FOCUS:
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Travelling the Jasper-Prince Rupert route.

Riding the rails from Jasper to Prince Rupert

Incredible, breathtaking, majestic. These are the words used by passengers to describe Via Rail's unique rail adventure across the wondrous Canadian Rockies and the coastal range in north-central B.C.

"It's easily the best-kept scenic secret in train travel," said Ali Macaraeg, manager of market development (west) for Via Rail Canada.

The Jasper-Prince Rupert provides the most convenient means to experience the fine views of these incredible landscapes. The two-day, 1,160-kilometre journey winds past jagged peaks and glacial streams to ocean vistas as it runs between Jasper, on the east side of the Rockies, and Prince Rupert, on the Pacific coast, close to Alaska.

"It's worth travelling into Western Canada, Alberta and British Columbia just for the view you get of the Rockies and the peaks of Northwestern B.C.," added Macaraeg. "In summer, you'll see the snow-capped summits, glaciers and the lakes. In winter, the snow in the valleys heightens the typically Canadian character of the region."

Throughout the journey you'll be rubbing shoulders with history. You'll follow ancient trading routes used by aboriginal peoples, you'll cross Yellowhead pass in the Rockies, and you'll travel through the inner plain of British Columbia and Bulkley Valley. You'll follow the Skeena river valley and, like the first European explorers that came here about 200 years ago, you'll reach the shores of the Pacific.

> "There are more mountains and wildlife to see on this route than any other route in Canada."
>
> Ali Macaraeg

At every stage, you'll discover rich First Nations culture and fascinating fauna and flora. You can treat yourself to a walk in unspoiled nature, or even a few days of camping. The region abounds in opportunities for outdoor and sporting types: rock climbing, downhill and cross-country skiing, long hikes, horse riding, mountain biking, and so on.

You have a choice of two classes on this train — economy class, available year-round, and touring class, available from May 14 to Sept. 30, 2009.

The prestigious touring class service includes meals served at your seat and exclusive use of the park car. It's in this car's upper deck that you can take in the superb 360-degree view of the majestic scenes unfolding before your eyes.

"There are more mountains and wildlife to see on this route than any other route in Canada," Macaraeg added.

Downstairs, in the congenial Bullet Lounge, animation and narration abounds as attendants point out scenic highlights throughout the journey.

Travelling only in daytime, this train leaves three times weekly from Jasper, Alberta, heading for Prince Rupert and the Pacific coast, in northern British Columbia. A night in Prince George, in the hotel of your choice, is part of the itinerary.

First-class ticket will cost you $649 for the entire two-day trip from Jasper to Prince Rupert.

While the fare includes all on board meals, it does not include overnight accommodation in Prince George. Seniors, students and children are entitled to discounts. More information on the Jasper-Prince Rupert (Skeena) is available at viarail.ca.

NEWS CANADA

More details

- For further information, visit viarail.ca.

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Sky-high plans
With strong winds sweeping some of Paris high points such as Montmartre — whose landmark, Sacre Coeur basilica, is shown here — the city's authorities are planning to build small wind turbines on some rooftops to harness the gusts. REUTERS

The lowdown on London shopping

EMMA E. FORREST
and ROMINA McGUINNESS
Metro World News

Take advantage of the low price of the pound and ongoing sales and get your credit card out for some shopping in London. Here is our guide to the city's best retail areas.

METRO WORLD NEWS

Left, a shop assistant at The Wonder Room, a concept boutique in department store Selfridges. Right, an interior shot of Luna Curious.

1. Upper Street

Tube stop: Angel to Highbury & Islington

Vibe: More interesting than your average high street, Upper Street offers mainstream stores, hip independent boutiques and lots of gourmet cafés.

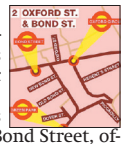
The route: Walk to the right out of Angel Tube to Camden Passage, where you'll find a market selling vintage clothes and jewelry, as well as chic boutiques including Frost French and eco-friendly Equa. There's more designer womenswear back on Upper Street at Diverse, Whistles, Ghost and menswear at Sefton and Zee & Co. Oliver Bonas offers fashion, furniture and gifts at reasonable prices, and Twentytwentyone, Revelloyd and Atelier Abigail Ahern sell designer homeware. Try Space NK for hot beauty products from all over the world.

Lunch stop: A full English breakfast at The Breakfast Club on Camden Passage.

2. Oxford Street and Bond Street

Tube stop: Oxford Street to Green Park

Vibe: Europe's busiest shopping street is host to major brands' flagship shops and classic department stores. Its neighbour, Bond Street, offers designer brands from Mulberry to Alexander McQueen.



The route: Make your pilgrimage to Topshop at Oxford Circus, then turn into Regent's Street to find the Apple Store, historic department store Liberty and giant toyshop Hamleys.

Return to Oxford Street for department stores including John Lewis and Selfridges, which is celebrating its centenary this year, and look for budget fashion at H&M, Primark, New Look and River Island. On Bond Street, you'll find high-end jewelers and fashion stores including Miu Miu, Hermes, D&G, Prada and Chanel, as well as old-fashioned shopping arcades including The Royal Arcade where you can get shoes handmade for you at G.J. Cleverley.

Pay a visit to neighbouring Dover Street for the designer concept store Dover Street Market, where you can admire avant-garde fashions from Gareth Pugh, Comme des Garcons, Hussein Chalayan and Christopher Kane.

Lunch stop: By the time you've reached Piccadilly it will be time for afternoon tea. Graze on sandwiches, scones and cakes at the elegant Wolseley restaurant, next to the Ritz.

Shoppers throng Brick Lane.

3. Spitalfields and Brick Lane

Tube stop: Liverpool Street

Vibe: This area is home to retro markets, vintage clothing stores and bohemian cafés frequented by Hoxton hipsters in skinny jeans and coloured Ray-Bans.

The route: Come out of Liverpool Street Station and cross over to Spitalfields Market, spitalfields.co.uk. On weekdays there's an eclectic mix of shops to browse through and on weekends, stalls sell vintage sunglasses and lampshades, artwork from up-and-coming artists and fashions from art-school designers.

Continue onto Brick Lane, lined with curry restaurants and hip boutiques. Visit Luna & Curious for a mix of porcelain butterfly charms and '70s-style waistcoats; and Mimi Berry for East London's coolest pretty, squishy leather handbags with flirty names. On Sundays the old Truman Brewery warehouse hosts Up Market, consisting of 140 stalls selling fashion, vinyl, crafts and jewelry. If you have any energy left, Cheshire Street's Beyond Retro is an Aladdin's Cave of fringed leather bags, plaid shirts, and floral tea dresses.

Lunch stop: Stop for a brownie or superfood salad at healthy fast food joint Leon in Spitalfields market square.

Top 5 London markets

Borough Market: Hangout for organic-food-focused Londoners. Try the ostrich burgers, and the chorizo and rocket rolls at Brindisa. Southwark Street, Borough, SE1, Thurs-Sat , boroughmarket.org.uk.

Alfies Antique Market: The likes of Kate Moss haggle over 1920s style antiques including furniture and accessories. 13-25 Church St., Marylebone NW8 8DT, Tues-Sat., alfiesantiques.com.

Columbia Road Flower Market: Columbia Road blossoms into a stretch of flowers on Sunday, on a road lined with quaint delis and pretty shops. Columbia Road, Bethnal Green, E2, Sundays

Camden Market: Built around Camden's river lock, the market is packed with indescribable items. Stop for a pint at the 'Hawley Arms' pub, where Amy Winehouse is a regular. Camden High Street, daily, camdenlock.net.

Broadway Market: Jewel of Hackney, Broadway sells an eclectic mix of art and organic foods. Try R Cooke & Sons' jellied eels and pies for old-school London food. Broadway Market, E8, Saturdays, broadwaymarket.co.uk.

METRO WORLD NEWS

Read more on page 19 ››

Traffic jam
California ports are getting a lot of unscheduled cruise ship traffic these days, as operators divert their boats from Mexican ports due to the influenza A (H1N1), or swine flu, scare. Right, the Royal Caribbean ship Serenade of the Seas arrives in San Diego. REUTERS

A bevy of budget-friendly destinations

TheTravelJunkie
Julia Dimon
metronews.ca/traveljunkie

These days, many travellers are shying away from spending money on elaborate trips. But travel doesn't have to be a luxury only the rich can afford — many destinations around the world offer incredibly good value. For the traveller who's big on adventure but short on cash, here are my top picks for countries that will give you more bang for your buck.

Nicaragua: The poorest but arguably one of the most beautiful countries in Latin America, Nicaragua boasts active volcanoes, pristine crater lakes, fair trade coffee farms and some of the best surfing in the region. The cost of living is very reasonable with chilled Tonia beers for the equivalent of $1 each and tasty traditional meals (fried rice and red beans, deep fried cheese, corn tortillas and fresh salad) for about $5.

Bigfoot Hostel, bigfootnicaragua.com, a chill backpacker hangout in the quaint colonial town of León, offers private rooms. Its easy-going vibe, free wireless Internet, indoor swimming pool and hordes of Swedish students make Bigfoot an attractive spot.

With great value and a strong tourist infrastructure, the country is huge in the backpacker scene and is quickly becoming the "new Costa Rica."

Croatia: Europe is typically very hard on the budget, but if you must go, Croatia is one of your best choices. It will not only wow you with its charming towns and Adriatic coastal beauty, it'll please your wallet.

The big save is on accommodations. When I was exploring the island of Hvar, I stayed in a pension (complete with private room, bathroom, full board and garden patio) for about $50 a night. The Croatia National Tourism board's website, htz.hr, offers a list of small, family-run accommodations all over the country, from romantic Dubrovnik to the baroque-rich capital Zagreb.

JULIA DIMON/FOR METRO CANADA

The quaint, church-centric town of León is one of the many affordable destinations in Nicaragua.

Bolivia: From La Paz, travel by bus to the Incan hotspot of Copacabana, a tourist gateway between the inspirational shores of Lake Titicaca and Peru's Cuzco. With inexpensive eats and affordable souvenirs, Copacabana has great deals for the budget traveller.

Stay at the Hotel Rosario del Lago, the nicest accommodations in the city with beautiful views of the lake, for prices as low as $50 a night; hotelrosario.com.

With the money you've saved, you'll be able to afford an adrenaline-soaked bicycle adventure down the "world's most dangerous road." For the equivalent of $100, Gravity Assisted Mountain Biking offers day trips speeding downhill along twisted roads; gravity bolivia.com.

India: For those who want to stretch out their travel dollars and live like royalty, India is a great place to do it. From the beach parties of Goa to the tea plantations of Darjeeling, and the yoga studios of Rishikesh to the camel treks of Rajasthan, India is a massive country that seemingly takes a lifetime to see.

One of the best and cheapest ways to get around is by overnight train. Not only do you save on a night's accommodation, you also get a chance to see the countryside and meet the people. In Delhi, indulge in some of the world's cheapest shopping and food. India isn't the easiest destination to navigate, but it's one of the most rewarding.

Julia Dimon is co-host of Word Travels, airing on OLN; juliadimon.com.

Notting Hill and Knightsbridge: The shopping continues

<< Continued from page 18

4. Notting Hill and Portobello Road
Tube stop: Notting Hill Gate
Vibe: Home to London's society fashion crowd — think Luella Bartley and Sienna Miller.
The route: Come out of Notting Hill Gate tube and head up Pembridge Road to hit Portobello Road, where the mythical market mile sells everything from antique lamps to 1950s straw hats.

Running alongside is Kensington Park Road, where Coco Ribbon sells luxury items oozing in femininity and British designer Paul Smith devotes a whole townhouse to his clothes and accessories.

Try Westbourne Grove for some bohemian attitude at Sienna and Savannah Miller's boutique Twenty8Twelve and then move on to Ledbury Road for some Parisian-style purchases including Repetto ballet pumps.
Lunch stop: Try Ottolenghi on Ledbury Road for healthy deli snacks and flourless chocolate cake.

5. Knightsbridge and Kings Road
Tube stop: Knightsbridge to Sloane Square
Vibe: This area is the shopping mecca of the mega-rich, who cruise the lavish department stores and designer boutiques.
The route: You step into another world when you exit Knightsbridge tube and enter the gold and green doors of Harrods. It's a warren of sumptuous rooms dedicated to the finest and most expensive versions of everything — watches, jewelry, furniture, clothes, sportswear, shoes, and even pet fashions.

If the price of the Chloé handbags makes your eyes water, then hit the Food Hall, which has beautifully-packaged but more affordable edible treats to take home. Like Absolutely Fabulous' Patsy and Edina, fashionistas will prefer Harvey Nichols, the designer department store across the road.

For more bling, head down Sloane Street for YSL, Gucci, and Jimmy Choo, and nearer to Sloane Square, you'll find fragrance guru Jo Malone. On Sloane Square check out the charms at Links of London and the refreshing interiors at The White Company.
Lunch stop: Snack on a cheap but delicious Lebanese shawarma from Maroush II, maroush.com, on Beauchamp Place, or Ranoush on the King's Road.

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Rihanna cancels concert

Rihanna has cancelled her planned May 28 comeback concert in Dubai, which was set to be her first performance since her February incident with ex-boyfriend Chris Brown, according to the Sun. METRO WORLD NEWS

Entertainment

Playboy offer

Heidi Montag will reportedly earn $500,000 US if she chooses to pose for Playboy magazine, according to Hollyscoop. Montag is keeping mum about it, but Hugh Hefner says "I think she will ..." METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONEWS.CA

Bright Lights and New Cities

Group seeks success outside of Quebec

BRIAN TOWIE
Metro Canada

"You have these role models, you see the people who make it and you begin to believe you can do that too." Nicolas Denis

SONY MUSIC PHOTO

Lost In City Lights is the debut full-length album from Montreal's The New Cities.

Today Canada, tomorrow the world pretty much sums up The New Cities' ethos.

The six dance-rockers from Montreal certainly have the backing to make a decent go of it. Their recently released disc Lost In City Lights is one of the latest in a tsunami of dance-rock acts currently out there — keyboards and guitars form the one-two punch over the dancehall rhythms.

But this group in particular attracted some credible help such as producer Greig Nori (Treble Charger, Sum 41) and Dave Ogilvie (David Bowie, Nine Inch Nails), who both added a big-label polish to a sound that belies the grit and elbow grease of their first independent EP.

"At first we had a hard time trying to find the right balance between both because guitars and synths aren't easy to mix together," says keyboardist Nicolas Denis, adding Lost In City Lights had been in production since 2006. "The EP we released was a lot more indie — kind of like a first draft of what we wanted to do with the band. They (Nori and Ogilvie) brought this pop sensibility that we didn't have."

It's an ambitious agenda for the young sextet compared to their humble beginnings some three years ago, playing to Trois-Rivieres high-schoolers as four-man ska-punk outfit the Gamblers. The band was a kind of prototype for the future electro-pop vehicle. Exit the Specials, enter the Faint and Death From Above 1979 as sonic svengalis.

"It's was kind of a school for us," says Denis. "Our first everything — tour, gigs, and van were through that band. We wanted to keep it dancey but do something different, the kind of stuff we were into."

Denis admits the band had some misgivings about performing outside their native Quebec, saying that in the past, acts that would be a top draw there would hit an odd sort of Peter Principle in other provinces. Different days now that Quebec acts gain international attention, and he'll be the first to acknowledge it.

"The mentality is really starting to change," Denis said. "When you start to play music in Quebec, especially if you sing in English, it just seems more like a dream than a possibility. But you have these role models, you see the people who make it and you begin to believe you can do that too."

		Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/6/09		267 351 - ACCESS	Alberta Primetime (Live)		Law & Order "All New"		America's Next Top Model (N)		Lost "Follow the Leader"		Primetime
		243 317 3 CFCN	etalk	Hollywood	CSI: NY "Greater Good"		Criminal Minds (N)		American Idol (HDTV)		News (N)
		- - 4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
		- 371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Scrubs "My Finale" (N)		Lost "Follow the Leader"		The Unusuals
		245 306 6 CBRT	NHL Hockey: Conf. Semifinal		CBC News	TBA	To Be Announced		CBC News: The National		The Hour
		244 338 7 CICT	ET Canada	Entertainment	(8:02) The Unusuals		Lie to Me "Blinded" (N)		Bones (HDTV PA) (N)		News Hour
		246 - 8 CKAL	Law & Order: SVU		Murdoch Mysteries (N)		Scrubs "My Finale" (N)		Friends	Less-Kind	Your City
		119 705 9 CBXFT	Squelettes	L'Épicerie	La Petite Séduction (N) (SC)		Tous Pour Un (SC)		Le Téléjournal et Les Nou		TJ Alberta
		- - 10 SHAW	(6) Local Programming						Local Programming		
	primetime	- 372 12 KREM	News (N)	Hollywood	The Doctors (N)		Old Christine	Gary Unmarr	Criminal Minds (N)		CSI: NY
		- 374 14 KSPS	NewsHour With Jim Lehrer		Secrets of the Dead		World War II: Behind Closed Doors: Stalin, the Nazis				War of World
		502 390 15 CBC	CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		Takeover
		- 370 16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Law & Order: Criminal Intent		Law & Order: SVU		Law & Order
		- 373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	Lie to Me "Blinded" (N)		American Idol (HDTV)		News (N)
		297 652 37 WPIX	90210 (HDTV)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
	news	500 500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
		508 502 31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
		400 400 21 TSN	NHL Hockey: Conf. Semifinal		SportsCentre	NBA Basketball: Western Conference Semifinal Game 2 -- Rockets at Lakers					In This Corner
	sports	408 418 27 net	Soccer: Canadian Champ.		MLB Baseball Toronto Blue Jays at Los Angeles Angels of Anaheim. (HDTV) (Live)						Sportsnet Con.
		410 403 30 SCORE	(5) RaceNight		Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score
		411 457 44 OLN	Mantracker	Mantracker	Dog: The Family Speaks		Departures		Mantracker	Mantracker	Dog: Speaks
		417 406 48 SPEED	Pinks	Pass Time	Wrecked	Wrecked	Pimp My Ride	Pass Time	Amer. Thunder	Pinks Outtakes	Pinks
	family	552 543 20 YTV	Drake & Josh	iCarly	In Real Life "The Circus"		Malcolm-Mid.	Futurama	Karaoke Star Junior		Falcon Beach
		557 541 39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
		555 545 67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken
		575 583 11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	CMT 4 Tracks	CMT 4 Tracks	Home Improve.	Home Improve.	Reba
		553 546 17 TREE	Little Bear	Bucket-Dinos	Big Comfy	Big & Small	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
		- - 18 CHTV	The Insider (N)	E! News	Running-Heels	Kardashians	Better Off Ted	Better Off Ted	Janice Dickinson Modeling		News (N)
		505 398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
		602 568 23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Grocery	Grocery	Supersize vs. Superskinny		Stuck (N)
		521 560 24 TLC	Jon & Kate Plus 8		Moving Up (HDTV)		Jon & Kate	Jon & Kate	Jon & Kate Plus 8		Moving Up
		603 561 25 FOOD	Iron Chef America		Ultimate Recipe Showdown		Opening Soon	Opening Soon	Unwrapped	Unwrapped	Diner, Drive-In
		615 520 26 A&E	Bounty Hunter	Bounty Hunter	Bounty Hunter	Exterminators	Exterminators	Exterminators	Bounty Hunter	Bounty Hunter	Bounty Hunter
		617 522 32 SHOW	Wife Swap		The Outer Limits		Cashing In	About a Girl	G-Spot	Cock'd Gunns	Starter Wife
		601 562 33 SLICE	End of Leash	End of Leash	End of Leash	End of Leash	ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
		- 633 34 ENC2	*Neverending-II*	(7:20) *Anything for Love* ★★ (1993)			*Wayne's World* ★★ (1992, Comedy)			(10:35) *Wayne's World 2*	
		520 505 35 DISC	Deadliest Catch		Mayday "Mixed Signals"		Daily Planet		Mayday "Mixed Signals"		Treasure
		620 523 36 BRAVO	Wingfield	Wingfield	Southland "Two Gangs"		Law & Order		Without a Trace "Pilot"		Southland
		294 650 40 WPCH	(6) *The Long Kiss Goodnight* (1996)			Seinfeld	Family Guy	Family Guy	*The Long Kiss Goodnight* (1996, Action)		
		626 547 41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Jon Dore Show
		- 539 42 TCM	(6) *The Outlaw Josey Wales* ★★★ (1976)		*Rio Bravo* ★★★ (1959, Western) John Wayne, Dean Martin.						*High Noon*
		628 584 43 SPIKE	Deadliest Warrior (HDTV)		The Ultimate Fighter (N)		The Ultimate Fighter (HDTV)		CSI: NY (HDTV)		Amazing Video
		522 516 45 HIST	Outlaw Bikers		NCIS "Judgment Day"		Outlaw Bikers		Ice Road Truckers		NCIS
		627 528 46 SPACE	(6) *Star Trek: Insurrection*		Watchmen	The Circuit	Stargate SG-1		Star Trek: Next Gener.		*Star Trek*
		- - 47 AMC	(6) *Die Hard 2* ★★★ (1990, Action)		*Clear and Present Danger* ★★★ (1994, Suspense) Harrison Ford, Willem Dafoe.						
	cable variety	619 525 49 TROP	What Happen?	What Happen?	Vanity Insanity	Ad Persuasion	Ad Persuasion	Seinfeld	Seinfeld	Raymond	Family Guy
		600 564 50 HGTV	Unsellable	Hid Potential	House Hunters	House Hunters	Holmes-Homes	Holmes-Homes	Hid Potential	Unsellable	Big City Broker
		501 391 52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
		504 508 70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
		526 507 92 VIVA	Medium		Mediums	Psychic Det.	Mediums	Encounters	Judging Amy		Medium
		269 350 93 APTN	Canadian Geographic		Reel Insights		500 Nations "Removal"		Miywayawin	Find. Our Talk	Wings-Canada
		- - 94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical
		571 581 100 MMM	Gimme Sugar	Gimme Sugar	Entourage	Gene Simmons	The Daily Fix		Gimme Sugar	Gimme Sugar	Entourage
		570 580 101 MM	Video on Trial	Video on Trial	Instant Star	Instant Star	One Tree Hill		Video on Trial	Video on Trial	disBand
		581 566 102 MTV	Fantasy Fact.	Nitro Circus	Real World-Road Rules		MTV Live	After	College Life	Beatdown	Real World-Rd

critics' corner

Scrubs

Is there such a thing as a "cult smash"? Any hospital patient would be blessed to have the longevity of this hilarious sit-com, which ran seven years on NBC before being canceled, then another season here on ABC. Tonight marks its season finale on the Alphabet Net. Series finale, too? Maybe, but don't look for a flatline just yet. The docs at Sacred Heart have come back from the dead before! Zach Braff and Donald Faison star. 9 PM on CKAL KXLY

Anna and Kristina's Grocery Bag

Betty Crocker is an American icon; you'd think Anna and Kristina would pick an American dish, not a British staple, for their test run of the "Betty Crocker Cookbook." But no; they're trying Betty's recipe for beer-battered fish and chips and giving a British pub owner the honor of taste-testing it. First, though, they have to find the right beer, which involves its own taste test. 9 PM on W

Fans beam about new Star Trek

MOVIES Days away from its U.S. opening, 10 per cent of Star Trek fans planning to see the movie say in a survey that they plan to show up to theaters in costume, online ticket seller Fandango.com said yesterday.

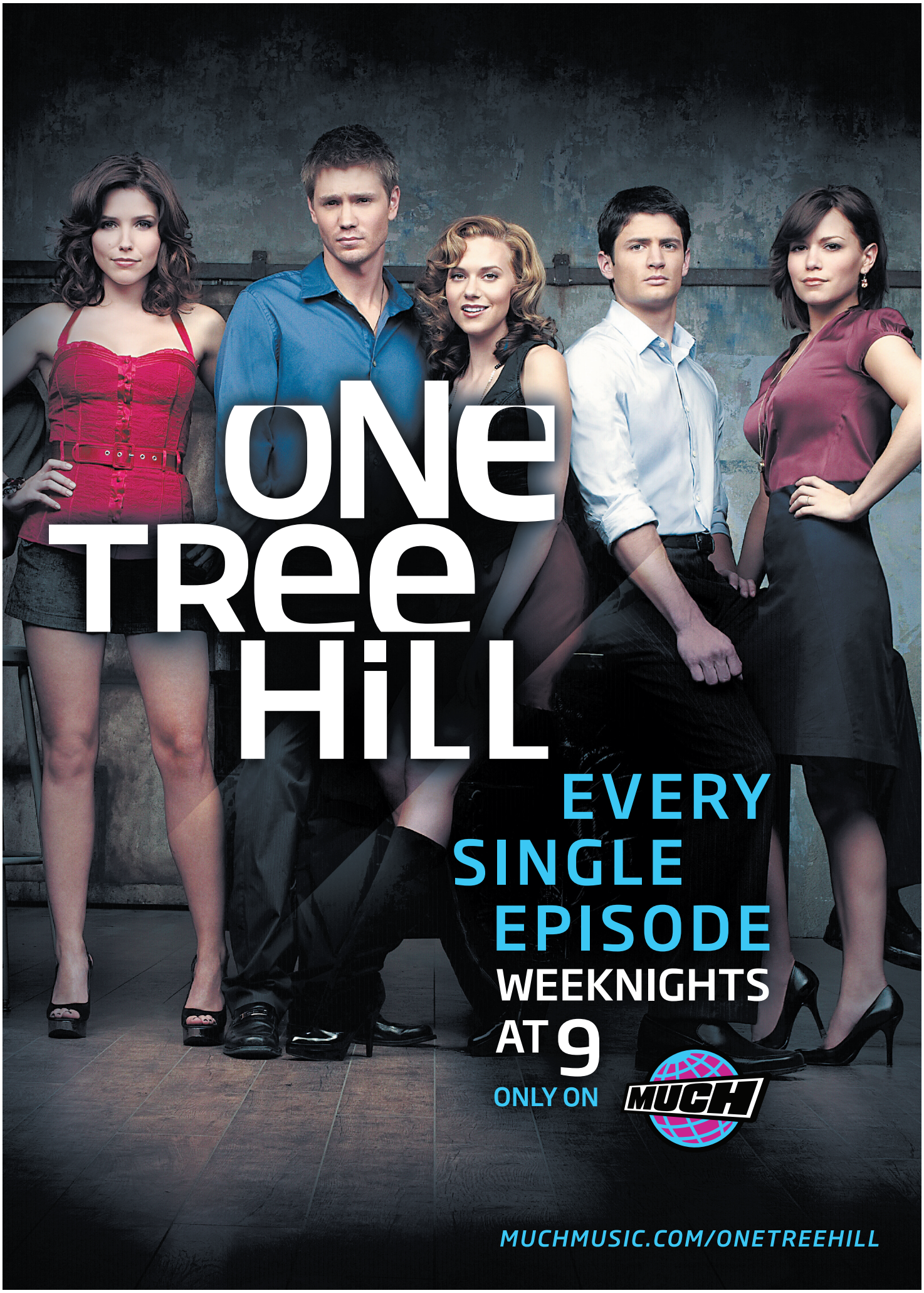
Also, 67 per cent of Fandango users expecting to see the film are men, the company said, based on its survey of nearly 4,000 movie goers.

Star Trek appears to be hurtling toward anticipated blockbuster figures when it debuts his week. It already accounts for 75 per cent of ticket sales at Fandango.

The firm also said the film from director J.J. Abrams has already sold out dozens of screenings in the United States. REUTERS

Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies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Does Matt Damon get any glory?
Sarah Silverman's fake hookup with Matt Damon is still paying off. The comedian's hit viral music video, I'm F—ing Matt Damon, which won her an Emmy in September, has now netted her a best actress Webby award. **PEOPLE.COM**

Celebrity Buzz

Hoff wasn't that drunk

DRINKING It turns out David Hasselhoff's trip to the emergency room for alcohol poisoning over the weekend was just a big misunderstanding.

According to TMZ, Hasselhoff had been drinking, but nowhere near as much as the original story suggested, and he was not unconscious when he was driven to the hospital.

Of course, radaronline.com reports that he registered a dangerous .39 blood alcohol level, but Hasselhoff's people say he's fine, though he regrets the drinking.

METRO WORLD NEWS

Eminem's drug battle

ADDICTION Eminem opens up about his struggle with prescription drugs to Vibe magazine.

"It's no secret I had a drug problem," he says. "If I was to give you a number of Vicodin I would actually take in a day? Anywhere between 10 to 20. Valium, Ambien, the numbers got so high I don't even know what I was taking."

The rapper even admits that at one point he was getting methadone from his doctors, in amounts "equivalent to shooting up four bags of heroin."

METRO WORLD NEWS

Spears' boyfriend to get wrist slap?

JAIL TIME He's out of the hospital, but Casey Aldridge must now deal with the legal implications of his recent truck crash, people.com reports.

Alridge — better known as Jamie Lynn Spears' boyfriend and the father of their 10-month-old daughter Maddie — was charged with careless operation of a motor vehicle after he drove off a road into a ditch and flipped his F-250 pickup truck on April 26.

According to Louisiana criminal attorney Lester Gauthier, who is not involved with the case, the 20-year-old will face a fine of no more than $175 US and/or imprisonment for not more than 30 days.

"A typical sentence might be the fine plus court costs," says Gauthier. "He may not have a prison sentence. If he is given a prison sentence, it likely will be suspended." The suspension, he explains, would not be enforced if conditions — such as a driving course — are complied with and he does not get into further trouble during the probation.

"(Aldridge's) license would probably not be suspended," adds Gauthier, and the teen may not even need to appear in court.

METRO NEWS SERVICES

No marriage regrets: Jessica

NO REGRETS Jessica Simpson doesn't regret marrying Nick Lachey, femalefirst.co.uk reports.

The singer — who divorced Nick in 2005, after three years of marriage — is glad she was married, even though she hasn't spoken to her former husband "in years."

The 28-year-old singer also defended her decision to star in MTV reality show Newlyweds, insisting the show didn't destroy her marriage.

She said: "The show made me understand what marriage is, what love is, what commitment is. In all honesty, I believe it did not affect our marriage. Because we enjoyed watching those episodes, and that will always be a time I cherish."

Simpson — who was just 22 when she walked down the aisle — told Vanity Fair that getting married was what we all wanted. Go to college, get married, and have babies. It was my way of thinking. At 16, every boyfriend I had I was going to marry."

METRO NEWS SERVICES

Katy's cat wants 'Kitty Purry' flu

FLU FASHION Only Katy Perry could find just the right bling for a global pandemic, people.com reports.

"Since swine flu is super trendy I wanted to make sure I was in style with my swine flu ring" the singer writes on her blog. "I got this one in Miami at Big Drop the other day ... a flying piggy."

And if that's not silly enough, Perry relates a conversation about the swine flu she had with her cat (yes, her cat), whom she's named Kitty Purry.

"Kitty Purry was telling me the other night that she remembers when bird flu was in and now pig flu is cool and she wonders when kitty flu is gonna hit," writes Perry, "as she would like to be more popular than she currently already is. Fame whore."

METRO NEWS SERVICES

Jen's '80s fashion faux pas

BAD TASTE Jennifer Aniston used to wear a policeman's hat while partying, femalefirst.co.uk reports.

The actress — who is often voted the world's most stylish woman — admitted she made many fashion faux pas during the '80s when she regularly visited New York's all-night clubs.

She said: "I did have that period."

Aniston went on to describe her favourite outfit, which consisted of ripped tights, boots, a police hat and "maybe a bra."

The 40-year-old actress — who also confessed to dancing on the clubs' podiums — added to talk show host Jimmy Fallon: "No one should have let us go outside like that."

METRO NEWS SERVICES

Kate to pen tell-all autobiography

JUICY DETAILS Kate Moss will reportedly receive $2 million to write an autobiography, femalefirst.co.uk reports.

British businessman Richard Branson has revealed his publishing house Virgin Books will publish the 35-year-old supermodel's first book.

Though he wouldn't confirm when it would be released, he said it would be a no-holds-barred "exciting read" of Moss' life and would contain anecdotes about her celebrity friends.

The tome is also expected to reveal intimate details about Moss' drug abuse, her breakup from rocker Pete Doherty and recent allegations that she cheated on current boyfriend Jamie Hince with musician Eve Berlin last year.

METRO NEWS SERVICES

GETTY IMAGES

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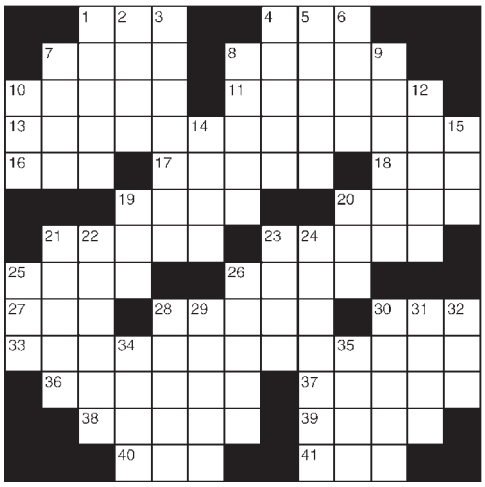
"12 Buck Tuesdays"

Today Mostly sunny 16 C / 3 C
Thursday Rain 11 C / 3 C
Friday Partly cloudy 14 C / 1 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS AT 6 A.M.

Take Five



Crossword across

1 That woman
4 Gasoline stat
7 He gave us a lift
8 Hideaways
10 Sedative, for short
11 Recently
13 1967 suspense movie
16 Antiquated
17 Tittles
18 Fourth letter
19 Jason's carrier
20 Elite alternative
21 Cash storage structures
23 Gold measure
25 Calendar abbr.
26 Staffer
27 As well
28 Green sauce
30 Feathery accessory
33 Star of 13-Across
36 Pakistan city
37 Ballroom favourite
38 Red Square figure
39 Vortex
40 Sailor's assent
41 P.I.

Crossword down

1 Composed
2 Intimate
3 Knighthood candidate
4 Mario Puzo subject
5 Prescriptions, often
6 Alumnus
7 Kind of history or hygiene
8 Gambling game
9 Ancient arenas
10 Pair
12 Not slouching
14 Eggy quaffs
15 Mauna —
19 Sternward
20 Opposite of post-
21 Asian city
22 Footless
23 Charlie Brown's nemesis?
24 Took as one's own
25 RR stop
26 Wan
28 Indiana's state flower
29 High nest (Var.)
30 Type of pan
31 Unrestrained revelry
32 Year in Acapulco
34 Comical Caroline
35 Commanded

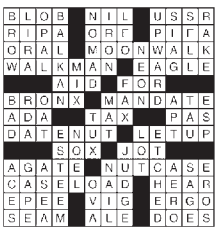
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		9						
	2			1		5	4	
	4	6			2	7		1
		7		6				
	8		7	9	1		6	
				5		9		
7		3	4			8	1	
	1	5		8			9	
						2		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	6	2	1	8	4	5	9	7
7	5	1	9	2	6	4	8	3
9	4	8	3	7	5	2	6	1
2	7	3	8	4	9	6	1	5
4	1	5	7	6	3	9	2	8
8	9	6	2	5	1	7	3	4
6	8	7	4	3	2	1	5	9
1	2	4	5	9	8	3	7	6
5	3	9	6	1	7	8	4	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Chicken and Mushroom Pie

INGREDIENTS:
1 tbsp (25 ml) butter
3 1/4 cups (800 ml) button mushrooms, halved
1 1/4 cups (300 ml) cream cheese
2/3 cup (150 ml) 1% milk
1/2 tsp (2 ml) hot English or Dijon mustard
3 1/3 cups (825 ml) diced cooked chicken
2 tbsp (25 ml) snipped fresh chives
salt and freshly ground black pepper
1 sheet pre-made puff pastry

METHOD:
1. Put baking tray in oven and preheat to 400 F (200 C).
2. Melt butter in large frying pan over moderately low heat. Add mushrooms and gently cook, stirring occasionally until tender, 4–5 minutes.
3. Put cream cheese in large bowl and lightly beat until softened.
4. Reserve 1 1/2 tbsp (20 ml) milk; pour rest into bowl with cream cheese along with mustard. Stir into thick sauce.
5. Add chicken, chives and mushrooms with juices to creamy sauce. Season to taste with salt and freshly ground black pepper, then spoon mixture into 4-cup pie dish. Place pie funnel or upturned ovenproof china egg cup, in middle of filling to support pastry lid.
6. Roll out pastry on lightly floured surface until about 2 in. (5 cm) larger all round than pie dish. Cut off 1 1/4-in. (3-cm) strip around the edge of pastry sheet, then press this strip onto rim of pie dish. Lightly brush with water, then lay pastry lid on top, pressing edges together to seal.
7. Trim excess pastry, pinch to seal, then flake the edges: Hold sharp knife horizontally to side of pastry edge and make shallow cuts all around. Re-roll pastry trimmings and cut out leaf shapes to decorate and stick onto the pastry lid with a little reserved milk. Glaze all over with remaining milk and cut two slits in top for steam.
8. Place pie dish on hot baking tray and bake 25–30 minutes, or until pastry is nicely puffed and golden brown. Let stand 5 minutes before serving, sprinkled with pepper.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
A crazy person brings a crisis to a head. A strong supporter breaks the rules. Indecision will cause some very bad dreams.

TAURUS ♉
APRIL 21-MAY 21
An impressive person shows you how to increase your income. Avoid signing any binding contracts. A girl makes annoying plans.

GEMINI ♊
MAY 22-JUNE 21
Stay away from a thrilling conflict. Don't move stuff around after dark. A troubled teenager needs to avoid conflict.

CANCER ♋
JUNE 22-JULY 22
A creepy guy is involved in maniacal outbursts. A wiser man regrets hurtful actions. Secret desires will reveal insecurity.

LEO ♌
JULY 23-AUG 23
A contented caller shares feelings and talks about daydreams. Time passes very quickly. A captivating man has plenty of money.

VIRGO ♍
AUG 24-SEPT 22
Stories about memory problems have lost their charm. A pompous colleague just won't go away. Don't speak until innocence is revealed.

LIBRA ♎
SEPT 23-OCT 23
A fashionable woman won't complain or explain. A persuasive person's achievements will be great. A hopeless situation affects your choices.

SCORPIO ♏
OCT 24-NOV 22
An innocent person is uncertain about life. Be specific about your needs when love is in the air. A snob helps someone who is just starting out.

SAGITTARIUS ♐
NOV 23-DEC 21
You're surprised after justice is done. Speak the truth and challenge a lame excuse. Be kinder to the dreary people.

CAPRICORN ♑
DEC 22-JAN 20
A female takes more time than you expected. You have the energy to confront a problem. Expect a gift from a selfish friend.

AQUARIUS ♒
JAN 21-FEB 18
An astounding player has lost a battle. You've come to terms with a problem. You'll be surprised by getting a bonus.

PISCES ♓
FEB 19-MARCH 20
You'll give someone a second opinion. Stay away from people who are in denial. A procrastinator isn't a loyal friend.

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